



United States Marine Corps
Marine Corps Detachment
Naval Station Newport
144 Taylor Drive
Newport, Rhode Island 02841-1211

IN REPLY REFER TO
DetO 6100
MARDET
7 Aug 03

DETACHMENT ORDER 6100

From: Commanding Officer
To: Distribution List
Via: Senior Marine Corps Representative, Naval War College, Newport, Rhode Island

Subj: MARINE CORPS DETACHMENT PHYSICAL FITNESS TEST (PFT) AND BODY COMPOSITION PROGRAM

Ref: (a) Marine Corps Order P6100.12 (Short Title: MCPFTBCP)
(b) MARADMIN 139/03

Encl: (1) Physical Fitness Test 3-mile Run Route A
(2) Physical Fitness Test 3-mile Run Route B

1. Purpose. To establish policy and procedures for the conduct of the PFT for Marines aboard Naval Station Newport and provide guidance on the body composition program per reference (a).

2. Cancellation. None

3. Background. Every Marine aboard Naval Station Newport must be physically fit, regardless of age, grade, or duty assignment per paragraph 2406 of reference (a). The MCPFTBCP Manual provides the guidance for Commanding Officers to implement and maintain the requirements and standards within the Marine Corps.

4. Policy and Procedures

a. Physical Fitness Test. The PFT provides an instrument that measures the collective level of physical fitness Marine Corps wide. It is a measurement of general fitness vice combat readiness and unit/MOS capability. The PFT consists of three events which may total 300 points if a Marines scores 100%. It should be the goal of every Marine in the Corps to reach or surpass the minimum standards set by the Corps.

(1) The Commanding Officer will assign in writing a Marine SNCO, as the Command PT Representative. This Marine will be the Commanding Officer's senior representative in the administration of Marine Corps Policy related to physical conditioning, testing and remedial programs.

(a) The Command PT Representative will be responsible to the Commanding Officer for selection and training of PFT monitors and for all matters related to the PFT (safety, course selection, recording, etc.)

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(b) The Command PT Representative will be responsible to the Commanding Officer to ensure accuracy in body composition evaluations, the only personnel authorized to conduct these measurements are the Command PT Representative and his/her designee.

(2) The authorized uniform per paragraph 2100 of reference (a) is the USMC established green T-shirt and green shorts, white socks, and running shoes. The green-on-green sweat suit may be worn in winter climates. Gloves may be worn. Substitutions of the aforementioned uniform are at the discretion of the Commanding Officer.

(3) The Command PT Representative will monitor the PFT and maintain the PFT and Body Composition Worksheets. Marines will be advised of their progress as they are performing each event.

(4) Marines aboard Naval Station Newport will run one of the two IG approved three mile run courses found in the enclosures.

(5) Marines from the Detachment Headquarters will monitor all PFTs taken by Marines aboard Naval Station Newport.

(6) All other policies and procedure regarding the PFT will be governed by reference (a).

b. Body Composition Program. It is essential that every Marine maintain the established standards of health and physical fitness. Increased body fat due to age or a decrease in physical activity may lead to increased body fat and weight, which would have a negative effect on any Marine. These negative effects may be high blood pressure, diabetes, cancer, heart disease, high cholesterol, or other health problems. Excess weight and body fat can also lead to poor physical performance in adverse climate and physically demanding environments. Maintaining a healthy body composition is a cornerstone of the Corps and inherent to our ability to accomplish any mission.

(1) It is the Commanding Officer's responsibility to ensure each Marine receives a semi-annual Body Composition Evaluation.

(2) The Commanding Officer will identify all Marines who exceed the weight and body fat standards by conducting periodic Body Composition Evaluations.

(3) Per MARADMIN 139/03 a two-week window is no longer required before or after the PFT to weigh in. The change to paragraph 3101 of reference (a) reads, "Body composition evaluation (BCE). The BCE is a semi-annual (JAN-JUN and JUL-DEC) requirement (annual for reserves) designed to ensure Marines are within HT/WT or body fat standards. However, commanders may direct BCE's for a unit or individuals as often as deemed necessary. BCE's may be conducted on the same day as the PFT. The IGMC may also conduct unannounced BCE's in support of inspection."

(4) All Marines are required to weigh in regardless of duty status and are required to complete the semi-annual BCE as prescribed by the unit-training schedule. The unit Command PT Representative and his/her designee are the only unit personnel authorized to conduct BCE, and will record the

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results on the PFT and Body Composition Worksheet (Appendix K, reference (a)).

(5) Per reference (a), the uniform for HT/WT is the USMC established green T-shirt and green shorts, and white socks. No other uniform or PT attire is permitted. Shoes will not be worn.

(6) All other policies and procedure regarding the BCP will be governed by reference (a).

5. Information

a. "Marine" includes all active and reserve Marines who are assigned to commands aboard Naval Station Newport and are administratively attached to Marine Corps Detachment, Newport, Rhode Island. This includes those attached or serving on temporary additional duty.

b. "Commanding Officer" includes the Marine's immediate commanding officer (officer with NJP authority) and every commanding officer in the chain of command up to and including the immediate Commanding General.

c. "Commanding General" includes a commanding officer exercising general court-martial convening authority. It also includes an officer serving in an acting capacity. The immediate Commanding General is normally the officer exercising general court-martial authority (GCMA) over the Marine. Where the GCMA is not a Marine officer, the separation authority for administrative discharge will be the immediate Commanding General for request mast purposes.

d. Representatives of the Inspector General Marine Corps may conduct unannounced PFTs and Body Fat Compositions on Marines during inspections.

7. Discussion. The purpose for the procedures set forth under 4. a. (4) and (5) is to preserve the integrity of reference (a) and maintain accurate reporting of fitness reportable items such as PFT scores, height, and weight, which are forwarded to promotion boards for consideration.

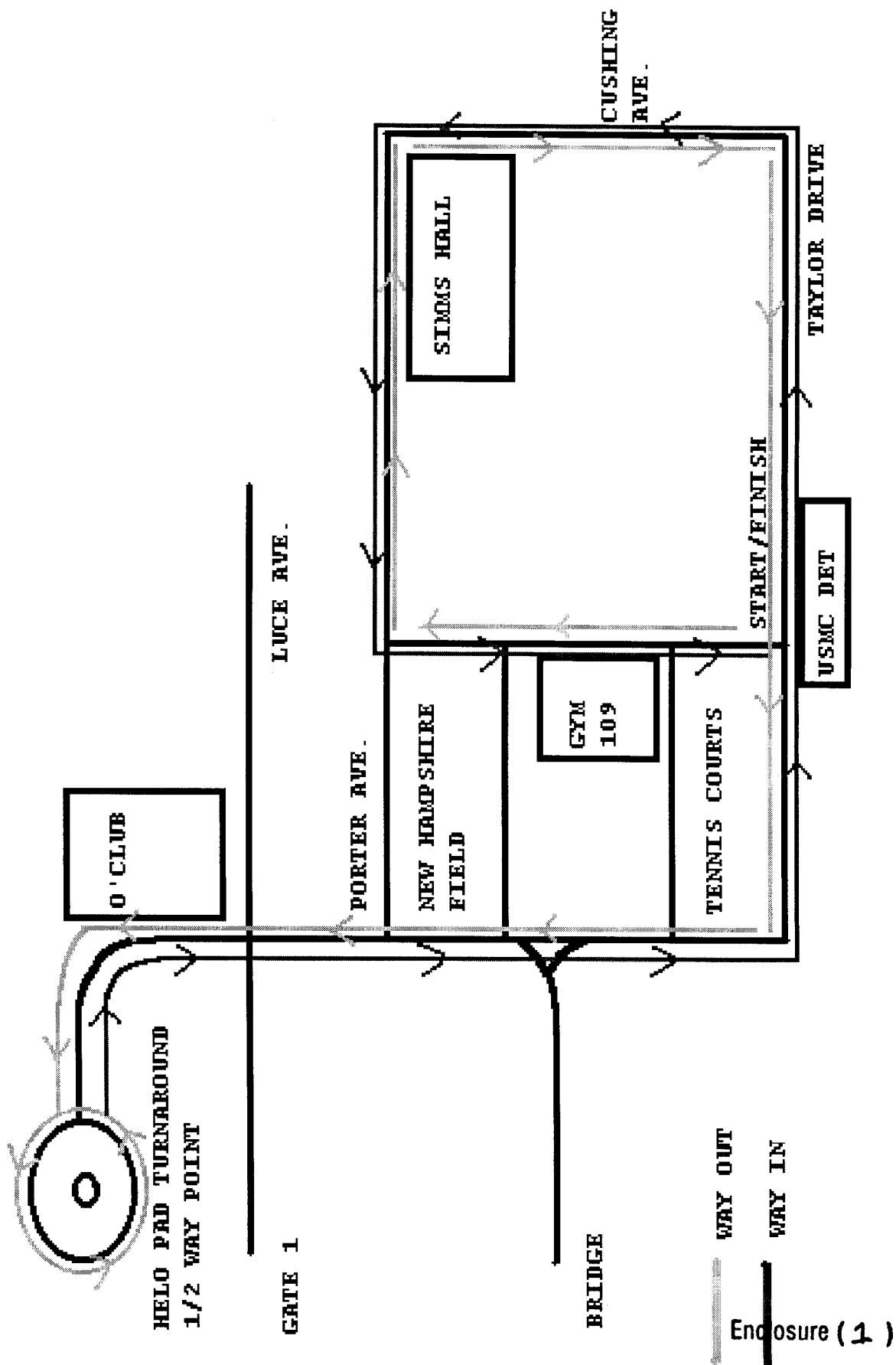
8. Action. The Detachment Staff Non-Commissioned Officer in Charge (SNCOIC) is appointed as the Command PT Representative for all Marines of this Detachment. The SNCOIC will ensure that all policies and procedures contained in this order and reference (a) are strictly adhered to.



C. B. SILVERN

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